



# Classic 50 Move+

Instruction Manual

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Thank you for purchasing the TIMEX IRONMAN Classic 50 Move+.

<http://www.timex.com/classic50move>

## IMPORTANT SAFETY INSTRUCTIONS AND WARNINGS

1. This is not a medical device and is not recommended for use by persons with serious heart conditions. You should always consult your physician before beginning or modifying an exercise program.
2. Consulting the information on the display while moving is unsafe and distracting, and could result in accident or collision. Review your metrics only when it is safe to do so. See the instructions for details.

## WHAT'S INCLUDED

1. TIMEX IRONMAN Classic 50 Move+
2. Quick Start Guide

## WATCH FEATURES AND BUTTON OPERATION

- Sports watch
- Accelerometer, used for all-day activity tracking
- Goal tracking and alert
- Bluetooth Smart and NFC wireless connection to TIMEX Connected app
- Appointment reminders (after pairing with the TIMEX Connected app)
- 2 Time zones
- 3 Alarms with 5 minute backup alert
- Optional hourly chime
- 100 hour chronograph with 50 lap memory storage
- Interval Timer
- 24 hour countdown timer
- INDIGLO night-light with NIGHT-MODE feature

Button functions shown with secondary functions in parentheses. Secondary functions will appear on the display.



Press Mode button repeatedly to step through modes: Sync, Chrono, Interval Timer, Timer, Review, Setup, Appointment and Alarms.

Press Mode button to exit current mode and return to Time of Day.

## **WEARING YOUR TIMEX IRONMAN CLASSIC 50 MOVE+**

The TIMEX IRONMAN Classic 50 Move+ can be worn on either wrist, just close the strap buckle in a comfortable position and you are ready to Move!

## **USING YOUR TIMEX IRONMAN CLASSIC 50 MOVE+**

Not only is your watch a robust chronograph training watch with 50 lap memory storage, your watch also includes a built in accelerometer which detects your all-day activity. The built in sensor will automatically be turned on after you manually set the time on your watch (after reset) or after your first sync with the TIMEX Connected app. The watch will track and display: steps, distance and calorie expenditure and will store the last 7 days of activity data, however you can enjoy virtually unlimited storage by transferring your data to the free TIMEX Connected app.

NOTE: Your TIMEX IRONMAN Classic 50 Move+ will automatically reset your activity tracking data at midnight.

## **GETTING STARTED**

Setup of the TIMEX IRONMAN Classic 50 Move+ can be done on the watch itself or through the use of a compatible mobile device.

To see if your device is compatible, visit: <http://www.timex.com/classic50move>

## **BATTERY**

Your TIMEX IRONMAN Classic 50 Move+ is powered by a user replaceable coin cell battery (CR2025), however **Timex strongly recommends that a retailer or jeweler replace the battery.** The battery in your TIMEX IRONMAN Classic 50 Move+ will last approximately 15 months. Battery life estimates are based on certain assumptions regarding usage; battery life may vary depending on actual usage.

**DO NOT DISPOSE OF BATTERY IN FIRE. DO NOT RECHARGE. KEEP LOOSE BATTERIES AWAY FROM CHILDREN.**

## **WATER & SHOCK RESISTANCE**

Your watch is 100 meter (328 ft) water resistant, 160 pounds per square inch absolute.

### **WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.**

1. Watch is water-resistant only as long as lens, push buttons and case remain intact.
2. Watch is not a diver watch and should not be used for diving.
3. Rinse watch with fresh water after exposure to salt water.
4. Shock-resistance will be indicated on watch face or case back. Watches are designed to pass ISO test for shock-resistance. However, care should be taken to avoid damaging crystal/lens.

## **ON THE WATCH**

Your watch can be setup using two methods:

- TIMEX Connected app (the easiest method) or
- The setup functions directly in the watch

## **SETTING THE TIME/DATE**

Setting the time manually on the watch will clear all appointments previously loaded to the watch.

1. From the Time of Day screen, press and hold the Set/Recall button.
2. Push the Start/Split button to select first or second time zone.
3. Push the Mode button, use the Start/Split and/or Stop/Reset buttons to adjust the hour digits (remembering to pay attention to the AM/PM designation).
4. Push the Mode button, use the Start/Split and/or Stop/Reset buttons to adjust the minute digits.
5. Push the Mode button, use the Start/Split and/or Stop/Reset buttons to reset the second digits to 00.
6. Push the Mode button, use the Start/Split and/or Stop/Reset buttons to adjust the month.
7. Push the Mode button, use the Start/Split and/or Stop/Reset buttons to adjust the day.
8. Push the Mode button, use the Start/Split and/or Stop/Reset buttons to adjust the year.
9. Push the Mode button, use the Start/Split button to select 12-hour format or 24-hour format.
10. Push the Mode button, use the Start/Split button to select MM-DD or DD-MM date format.
11. Push the Set/Recall button if Done to confirm and exit or Push the Start/Split button to change to Time 2 settings and repeat steps 3 through 11.

## NOTES:

- Don't forget, you need to re-sync the watch to the TIMEX Connected app to re-load your appointments.



- When in Time of Day screen, press and hold the Start/Split button to 'peek' at the second time zone.

## ALARMS

Your TIMEX IRONMAN Classic 50 Move+ is equipped with three alarms. When alarms are activated, the Indiglo® night-light and alarm icon will flash and you will get an audible alert; push any button to silence those alerts. If no button is pressed the alarm will sound for 20 seconds and repeat once after 5 minutes.

To set your alarms:

1. Push the Mode button until ALARMS is on the top of the display.
2. The top banner on your Classic 50 Move+ will quickly change from displaying ALARMS to displaying ALM 1.
3. Push the Set/Recall button.
4. Push the Start/Split and/or the Stop/Reset buttons to adjust the hour digits.
5. Push the Mode button, use the Start/Split and/or Stop/Reset buttons to adjust the minute digits.
6. Push the Mode button, use the Start/Split button to select AM or PM.
7. Push the Mode button, use the Start/Split and/or Stop/Reset buttons to select the alarm frequency: DAILY, WKDAYS, WKENDS, MON, TUE, WED, THU, FRI, SAT, OR SUN.
8. Push the Set/Recall button to confirm and exit.
9. Push the Stop/Reset button to change to the next alarm settings.
10. Repeat steps 3 through 9 to adjust all three alarms in the watch.
11. You will now see an alarm clock icon on the Time of Day screen; this signifies the presence of an active alarm/alarms.



## NOTES:

- The alarms can quickly be deactivated/reactivated by accessing the alarms (ALM 1, ALM 2, ALM 3) and pushing the Start/Split button.
- When in Alarms Mode, push the Stop/Reset button to scroll through all three available alarms.

## INDIGLO® NIGHT-LIGHT

Electroluminescent technology used in the INDIGLO night-light illuminates the entire watch face for easy viewing at night and in low light conditions.

Push the INDIGLO button to illuminate watch display for 3-4 seconds when the watch is not in the Setting state, or 6-7 seconds otherwise.

## NIGHT-MODE® FEATURE

The NIGHT-MODE feature causes any button press to automatically activate the INDIGLO night-light for 3-4 seconds when the watch is not in the Settings state, or 6-7 seconds otherwise. When the NIGHT-MODE feature is active, you will see a moon icon on the display.

Push and hold the INDIGLO button for 4 seconds to activate or deactivate the NIGHT-MODE feature.

NOTE: NIGHT-MODE will automatically deactivate after 8 hours.

## VIEWING THE ACTIVITY TRACKER DATA

1. From the Time of Day screen, push the Stop/Reset button to scroll through the available activity tracking data (STEPS, # of steps taken, DIST, total distance covered, CALS, number of calories burned, DATE, Day of week and date).

NOTE: Your TIMEX IRONMAN Classic 50 Move+ will automatically reset the activity data (set all fields to zero) at midnight each night.

## SYNC

Smartphone Sync allows your TIMEX IRONMAN Classic 50 Move+ to connect to a compatible Smartphone via Bluetooth Low Energy technology. Access the Sync menu to initiate the Bluetooth Low Energy connection between your watch and your TIMEX Connected app.

1. From the Time of Day screen, push the Mode button until you see Sync on the screen.
2. Push the Start/Split button to initiate the data transfer process.
  - a. When the transfer has been completed successfully you will see Sync Ok on the screen.
  - b. If the transfer fails you will see Sync Fail on the screen.
3. You can push the Stop/Reset button to cancel the sync process at any time.

NOTE: All appointments and alarms will be suspended during the sync process. If you have an active workout running when the sync is initiated, the workout will be stopped and reset (not saved).



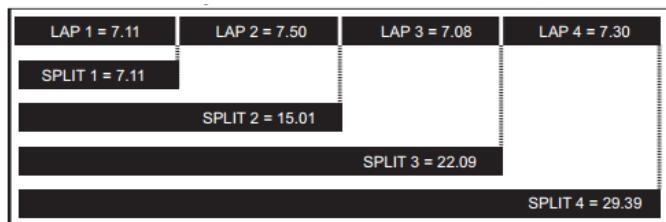
## CHRONOGRAPH

Use the Chronograph mode to record a workout. Chronograph mode counts up by hundredths of a second up to one hour, then by seconds up to 100 hours. The Stopwatch icon will be flashing on the display during a workout and will be solid when the workout is paused or stopped. Chrono will continue running even if you exit Chrono mode.

To set the display format, push the Set/Recall button. Push the Start/Split button to change the format then push the Set/Recall button to exit back to Chrono mode.

1. From the Time of Day screen, push the Mode button until you see CHRONO.
2. Push the Start/Split button to start the workout.
3. To take a split, push the Start/Split button. Lap and split times will be displayed with the lap number.
4. Repeatedly pushing the Set/Recall button during the workout will display the following data (lap timer, steps, distance and calorie expenditure) on the top banner.
5. To stop or pause the workout, push the Stop/Reset button.
6. To resume the workout, push the Start/Split button.
7. After completing the workout, push the Stop/Reset button to stop the workout.
8. To save the Chrono workout, push and hold the Set/Recall button for two seconds.
9. To discard the Chrono workout, push and hold the Stop/Reset button for two seconds.

10. To delete the latest stored workout, push and hold the Stop/Reset button for three seconds. To delete all stored workouts, push and hold the Stop/Reset button for six seconds.



#### NOTES:

- Upon entering Chrono mode, a message will show on the watch face that prompts you to the number of laps that can be stored before Chrono memory is filled; if the Chrono memory is full you will see “MEMORY FULL” displayed. See the Review section of this manual for information on deleting workouts.
- When splits are taken, times are frozen on the display for 10 seconds. Push the Mode button to release the display and return to the Chrono display.
- Deleting of stored workouts can only be done in Chrono mode, Review mode is only used for viewing stored workouts. See step 10 above for instructions.

## INTERVAL TIMER

You can set up an interval workout with 2 intervals. Each interval can time up to 23 hours, 59 minutes and 59 seconds.

You can set up your interval workouts to repeat when a set of intervals is complete. Your TIMEX IRONMAN Classic 50 Move+ will keep track of the repetitions for you and alert you when it is time to end one interval and start the next.

Your watch can hold up to 5 interval workouts in the device memory. Interval workouts are stored with the following information: total steps, total calorie expenditure, total distance covered, total time and number of repetitions (if Intervals are set to Repeat at End).

1. From the Time of Day screen, push the Mode button until you see INTTMR.
2. Push the Set/Recall button to customize your interval workout.
3. Starting with INT 1, push the Mode button.
4. Push the Start/Split and/or Stop/Reset buttons to adjust the hours digits.
5. Push the Mode button, then push the Start/Split and/or Stop/Reset buttons to adjust the minutes digits.
6. Push the Mode button, then push the Start/Split and/or Stop/Reset buttons to adjust the seconds digits.
7. Push the Mode button, then push the Start/Split and/or Stop/Reset buttons to select Repeat at End or Stop at End. When appropriate selection is on screen, push Mode button.

- Stop at End should be used when you DON'T want the interval to repeat.
- Repeat at End should be used when you DO want the interval to repeat.

8. If you want your interval to include more than one segment, push the Start/Split button to make adjustments to INT 2, then push the Mode button.
9. Push the Start/Split and/or Stop/Reset buttons to adjust the hours digit.
10. Push the Mode button, then push the Start/Split and/or Stop/Reset buttons to adjust the minutes digits.
11. Push the Mode button, then push the Start/Split and/or Stop/Reset buttons to adjust the seconds digits.
12. Push the Mode button, then push the Start/Split button to select Repeat at End or Stop at End. When appropriate selection is on the screen, move to step 13.
  - Stop at End should be used when you DON'T want the interval to repeat.
  - Repeat at End should be used when you DO want the interval to repeat.
13. Push the Set/Recall button to save your Interval workout settings.
14. Push the Start/Split button to start the Interval workout.
15. During the workout, repeatedly push the Set/Recall button to scroll through the following data on the top banner: interval number, steps, distance and calories burned.
16. Push the Stop/Reset button to stop the workout.
17. To save the Interval workout, push and hold the Set/Recall button for two seconds.
  - If five interval workouts have already been stored in the watch memory, the oldest stored Interval workout is deleted and the current workout data is stored.
18. To discard the Interval workout, push and hold the Stop/Reset button for two seconds.
19. To delete the latest stored interval workout, push and hold the Stop/Reset button for three seconds. To delete all stored interval workouts, push and hold the Stop/Reset button for six seconds.

#### NOTES:

- Look for an hourglass icon to signify there is an interval workout running. A flashing icon means the timer is running. A solid icon means the timer is paused.
- Deleting of stored interval workouts can only be done in Interval Timer mode, Review mode is only used for viewing stored interval workouts. See step 19 above for instructions.

## **TIMER**

Timer mode provides a countdown timer with alert. Timer counts down every second from countdown time. Your TIMEX IRONMAN Classic 50 Move+ will beep and the night-light will flash when the countdown timer ends (timer reaches zero), push any button to silence the alert. You are given two options for your countdown timer: Stop at End (one time countdown timer) and Repeat at End (will repeat indefinitely).

### **SETTING THE TIMER**

1. Push the Mode button until you see TIMER on the screen.

2. To set the timer, push the Set/Recall button. Use the Start/Split and Stop/Reset buttons to adjust the hours digit.
3. Push the Mode button, use the Start/Split and Stop/Reset buttons to adjust the minutes digit.
4. Push the Mode button, use the Start/Split and Stop/Reset buttons to adjust the seconds digit.
5. Push the Mode button, use the Start/Split button to select the appropriate action at end of countdown (Stop at end or Repeat at end).
6. Push the Set/Recall button to save the timer settings.

## USING THE TIMER

1. Push the Start/Split button to start the countdown timer.
2. To pause the timer, push the Stop/Reset button.
3. Push the Start/Split button to resume the countdown timer.
4. Push the Stop/Reset button to stop the timer, then push and hold the Stop/Reset button to cancel the timer function.

NOTE: The countdown timer will continue to run if you exit the mode. Look for an hourglass icon to signify there is a countdown timer running, flashing icon means the timer is running, solid icon means the timer is paused.

## REVIEW MODE

You can view all saved data for Chrono workouts, Interval workouts and All-day activity tracking. Your TIMEX IRONMAN Classic 50 Move+ will hold up to 7 days of activity data, 5 days of activity data, 5 interval workouts and up to 50 laps of Chrono workout data. You should plan to upload your data to the free TIMEX Connected app for unlimited data storage.

All-day activity tracking data available: total daily steps, total daily distance and total daily calories burned (only available if the sensor is turned on or was previously turned on).

Interval timer workout data available: total workout steps\*, Total workout distance\*, Total workout calories burned\*, total workout time and number of repetitions if Interval Timer was set to Repeat at End (\*only available if the sensor was on during workout recording).

Chrono workout data available: total workout steps\*, total workout distance\*, total workout calories burned\*, total workout time, average lap time, best lap time and number of laps taken (\*only available if the sensor was on during workout recording).

1. From the Time of Day screen, push the Mode button until you see Review on the screen.
2. Push the Start/Split and/or Stop/Reset buttons to cycle through the review options and select the data you want to review: ACTVTY (Daily Activity), CHRONO (Chrono Workout) and INTTMR (Interval Workout).
3. When you have selected the metrics you want to review, push the Set/Recall button.
4. If available, the watch will list all days saved in the memory. Push the Start/Split button to scroll through the available dates.
5. Push the Set/Recall button to access the details of that day's data or the workout data.

6. If multiple lines of data are available, use the Start/Split and Stop/Reset buttons to view all of the data.
7. Push the Set/Recall button to exit and view additional saved data or workouts.

#### NOTES:

- Daily activity and interval workout data will be automatically overwritten; however Chrono workout data cannot be overwritten. For this reason, the TIMEX Connected app has an optional feature that erases Chrono workout files from the watch once the Chrono workout has been transferred to the app. Please see the TIMEX Connected app section of this owner's manual for details.
- Calorie expenditure data is not an exact number, but a general estimation. Calorie values less than 100kcals will be displayed as whole numbers (decimals truncated, not rounded).

## SYSTEM SETUP

1. From the Time of Day screen, push the Mode button until you see Setup on the screen.
2. If necessary, push the Start/Split button until you see System Setup on the screen.
3. Push the Set/Recall button to access the System Setup menu.
4. Use the Start/Split button to make your Unit selection: Imperial (in, ft, mi, lbs) and Metric (cm, m, km, kg). Then push the Mode button to proceed.
5. If necessary, use the Start/Split and/or the Stop/Reset buttons to adjust the calibration factor (see the Calibration section of the manual for more details). Then push the Mode button to proceed.
6. Use the Start/Split button to make your Sensitivity selection:
  - Mid: Default setting, the most versatile setting for all general purpose usage
  - Low: Recommended for low intensity walking or mild jogging
  - High: Recommended for users with a unique gait motion (use only if other settings do not provide favorable results)
7. Then push the Mode button to proceed.
8. Use the Start/Split button to make your Sensor selection: On (watch will track steps, distance and calories burned) or Off. Then push the Mode button to proceed.
9. Use the Start/Split button to make your Chime selection: On (watch will chime every hour) or Off. Then push the Mode button to proceed.
10. Use the Start/Split button to make your Beep selection: On (watch will beep with every button press) or Off. Then push the Mode button to proceed.
11. Use the Start/Split button to make your Sync selection: Show (watch will be visible to compatible BLE sensors) or Hide. Then push the Mode button to proceed.
12. Use the Start/Split button to make your NFC selection: On (allows the watch to communicate with NFC antennas) or Off.
13. Once all selections have been made, push the Set/Recall button to exit and save settings.
14. Push the Mode button to return to the Time of Day screen or push the Start/Split button to proceed to the next Setup menu option.

## DISTANCE CALIBRATION

Your TIMEX IRONMAN Classic 50 Move+ determines your stride length based on specific user information (height & gender). Using your stride length, your watch will automatically calculate the distance you travel. We have found the distance to be very accurate; however if you find the distance to be off you can use the calibration function to dial in your specific adjustment factor.

1. Complete a one mile/one kilometer run or walk on a measured course (we do not recommend using a treadmill).
2. Use the below lookup table to determine your calibration factor:

Actual Distance = One Mile or One Kilometer			
Watch Showed	Calibration Factor	Watch Showed	Calibration Factor
1.25	-25%	0.99	1%
1.24	-24%	0.98	2%
1.23	-23%	0.97	3%
1.22	-22%	0.96	4%
1.21	-21%	0.95	5%
1.20	-20%	0.94	6%
1.19	-19%	0.93	7%
1.18	-18%	0.92	8%
1.17	-17%	0.91	9%
1.16	-16%	0.90	10%
1.15	-15%	0.89	11%
1.14	-14%	0.88	12%
1.13	-13%	0.87	13%
1.12	-12%	0.86	14%
1.11	-11%	0.85	15%
1.10	-10%	0.84	16%
1.09	-9%	0.83	17%
1.08	-8%	0.82	18%
1.07	-7%	0.81	19%
1.06	-6%	0.80	20%
1.05	-5%	0.79	21%
1.04	-4%	0.78	22%
1.03	-3%	0.77	23%
1.02	-2%	0.76	24%
1.01	-1%	0.75	25%
1.00	0%		
0.99	1%		
0.98	2%		
0.97	3%		
0.96	4%		
0.95	5%		
0.94	6%		
0.93	7%		
0.92	8%		
0.91	9%		
0.90	10%		

## USER SETUP

1. From the Time of Day screen, push the Mode button until you see Setup on the screen.
2. Push the Start/Split button until you see User Setup on the screen.
3. Push the Set/Recall button to access the User Setup menu.
4. Use the Start/Split button to make your Gender selection: Male or Female. Then push the Mode button to proceed.
5. Use the Start/Split and/or Stop/Reset buttons to adjust the individual digits of your weight, pressing the Mode button between those digits to advance to the next digit. When done, push the Mode button to proceed to Height.
6. Repeat step 5 to enter your Height data, then push the Mode button to proceed to Age.
7. Repeat step 5 to enter your Age data, then push the Set/Recall button to exit and save settings.
8. Push the Mode button to return to the Time of Day screen or push the Start/Split button to proceed to the next Setup menu option.

## GOAL SETUP

You have the option to do goal setup through the watch or through the app. The app will track and manage 3 goals (steps, distance, and calorie burn goals). See TIMEX Connected app instructions for details on setting up goals. If you prefer, you can setup and manage 1 goal through your TIMEX IRONMAN Classic 50 Move+. Please keep in mind, the setting applied through the app will always be the priority.

Your TIMEX IRONMAN Classic 50 Move+ will alert you when you when 50% of your goal is met and when 100% of your goal is met.

1. From the Time of Day screen, push the Mode button until you see Setup on the screen.
2. Push the Start/Split button until you see Goal Setup on the screen.
3. Push the Set/Recall button to access the Goal Setup menu.
4. Use the Start/Split and/or Stop/Reset buttons to select the goal you want to track on the watch.
  - a. Goal options available: Off, Steps, Distance or Calories
5. Push the Mode button to assign a number for the goal you selected.
  - a. Goal maximums:
    - i. Steps: 99,999
    - ii. Distance: 99.99 km or 62.09 mi
    - iii. Calories burned: 9,999 kcals
6. Push the Start/Split and/or Stop/Reset buttons to adjust the number, then push the Set/Recall button to exit and save settings.
7. Push the Mode button to exit Setup and return to the Time of Day screen.



## APPOINTMENTS

Your TIMEX IRONMAN Classic 50 Move+ can hold up to 50 appointments. Please see the TIMEX Connected app instructions for detailed instructions about managing appointments.

Your TIMEX IRONMAN Classic 50 Move+ will alert you when you have an upcoming appointment. Alerts will be 2 hours, 1 hour, 30 minutes or 15 minutes before the appointment time (based on the reminder setting tied to the appointment).



After syncing your appointments with your Classic 50 Move+, review the appointments by doing the following:

1. Push the Mode button until APPT appears on the screen.
2. Push the Start/Split and/or Stop/Reset buttons to scroll through your available appointments.



NOTE: The “End of List” screen signifies the end of the available appointments list. Scrolling down past that screen will take you to the first appointment in the list.

## **RESETTING THE WATCH**

Performing the watch reset sequence resets the watch and clears all user entered data. Please make sure to transfer any data you wish to save before resetting your Classic 50 Move+.

1. Press and hold the Set/Recall, Mode, Start/Split and Stop/Reset buttons for 4 seconds.
  - a. The watch will reset fully and will return to the “Out of Box” state.

## **THE TIMEX CONNECTED APP**

### **INSTALLING THE TIMEX CONNECTED PHONE APP**

The TIMEX Connected app requires the following OS:

Android: 4.4.2 or higher, NFC capable device or Bluetooth Smart compatible

iOS: iOS 8.1.2 or higher, Bluetooth Smart compatible

The TIMEX Connected app provides the easiest and most convenient method to setup and configure your TIMEX IRONMAN Classic 50 Move+.

Download and install the TIMEX Connected app for iOS from the iTunes app store, or for Android, from the Google Play app store.

### **FIRST TIME PAIRING**

Your TIMEX IRONMAN Classic 50 Move+ is equipped with two antennas, NFC (Near Field Communication) and Bluetooth Smart (Bluetooth Low Energy). You can use either method to connect your watch to the TIMEX Connected app.

NFC is the most reliable and easiest way for Android users to connect to the TIMEX Connected app; your watch needs to be very close to the NFC antenna in your phone to connect.

Bluetooth Smart is another option available for pairing a TIMEX IRONMAN Classic 50 Move+ to a mobile device. Bluetooth Smart has an operating range of approximately 100 feet (30 meters) and is available on iOS and Android devices.

To connect your Classic 50 Move+ to your mobile device:

1. Open the TIMEX Connected app on your phone.
2. Accept the Privacy and EULA policies.
3. Select the Classic 50 Move+.
4. Select your preferred Sync mode:
  - NFC
  - Bluetooth Smart

## NFC SYNC

5. Select NFC from the Sync Mode options.
6. Hover your Classic 50 Move+ around the back of your Android device; remember the watch has to be very close to the NFC antenna to connect.
7. A pairing window will appear and the watch will create an audible tone, do not move the watch from that location until the status bar on the app fills in (which signifies the connection is established).
8. In the ‘Synchronize’ pop-up window, select Keep Watch Settings or Keep App Settings.
  - Keep Watch Settings should be used if you want to maintain any settings adjusted on the physical watch face.
  - Keep App Settings should be used if you want to maintain any settings adjusted in the app.
9. If Keep App Settings is selected, you will need to touch the watch to the back plate of your Android device.
10. On the Initial Setup screen, enter the device registration information (First Name, Last Name, Email Address and Zip Code). You can also opt-in for exclusive offers and special discounts from Timex, and then touch the Submit button.

NOTE: By default, the Classic 50 Move+ will give priority to settings pulled from the TIMEX Connected app.

## BLUETOOTH SMART SYNC

5. Touch the Get Started button.
6. On your Classic 50 Move+, push the Mode button until you see Sync on the top of the screen.
  - Your watch will start alternating the messages “Sync Phone” and “Press Start”.
7. On the app, touch the Next button.
8. On your Classic 50 Move+, push the Start/Split button.
  - Your watch is now searching for your mobile device.
9. On the app, touch the Next button.
10. The TIMEX Connected app will now attempt to bring up a Bluetooth pairing screen.
  - If the Bluetooth feature in your device is currently off, the TIMEX Connected app will turn it on for you (with your permission, of course). Then touch the Sync icon to bring up the Watch Selector screen.
  - If the Bluetooth feature in your device is currently on, the TIMEX Connected app will bring up the Watch Selector screen.
11. On the Watch Selector screen, touch the appropriate Classic 50 Move+ or touch the I Don’t See My Watch button to re-scan for available watches.
12. You will see SYNC OK on your watch, which means Pairing Complete.
13. In the app, enter the device registration information (First Name, Last Name, Email Address and Zip Code). You can also opt-in for exclusive offers and special discounts from Timex, and then touch the Submit button.

**NOTE:** Bluetooth Smart is the only connection method available for iOS users. Not all compatible Android phones are equipped with a NFC antenna; in those instances you must use the Bluetooth Smart connection option.

## **TRANSFERRING DATA FROM YOUR WATCH TO THE APP**

Your TIMEX IRONMAN Classic 50 Move+ offers a discrete connection to the TIMEX Connected app. This means your watch must be manually synced with the app each time you want to transfer data between the app and the watch.

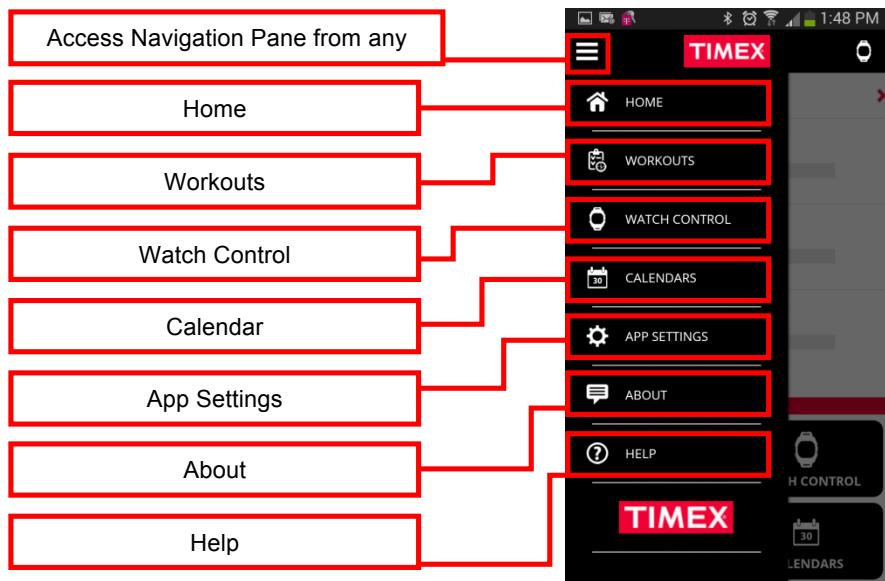
To transfer data using Bluetooth Smart:

1. From the Home Page, tap the watch icon in the upper right-hand corner.
2. On the watch, push the Mode button until you see “SYNC PHONE/PRESS START” on the screen.
3. Push the Start/Split button on the watch and then tap the Sync button on the app.
4. In the app pop-up window, select Keep Watch Settings or Keep App Settings.
  - Keep Watch Settings should be used if you want to maintain any settings adjusted on the physical watch face.
  - Keep App Settings should be used if you want to maintain any settings adjusted in the app.
5. “SYNC OK” will be displayed on the watch, “Sync Complete” will be displayed on the app and your data sync was successful.

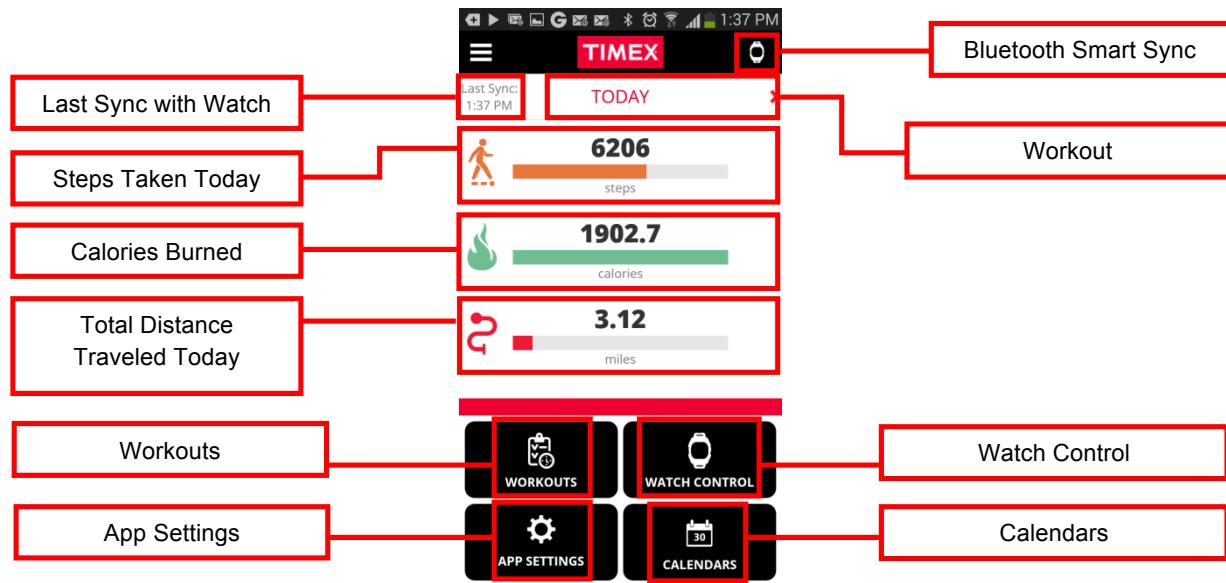
To transfer data using NFC:

1. Hover your Classic 50 Move+ around the back of your Android device; remember the watch has to be very close to the NFC antenna to connect.
  - If the TIMEX Connected app is not open, the first touch of the watch to the mobile device will open the app.
2. A pairing window will appear and the watch will create an audible tone, do not move the watch from that location until the status bar on the app fills in (which signifies the connection is established).
3. In the ‘Synchronize’ pop-up window, select Keep Watch Settings or Keep App Settings.
  - Keep Watch Settings should be used if you want to maintain any settings adjusted on the physical watch face.
  - Keep App Settings should be used if you want to maintain any settings adjusted in the app.
4. If Keep App Settings is selected, you will need to touch the watch to the back plate of your Android device.
5. The Home page of the app will be displayed and the Last Sync data should be updated to the current time and date.

## TIMEX CONNECTED NAVIGATION PANE



## TIMEX CONNECTED HOME PAGE



NOTE: Steps Taken, Calories Burned and Total Distance data is displayed above a color coded bar. This bar represents the goals set for each activity data metric.

- Color Coding Key:
  - Green: Great job, goal achieved
  - Orange: Well on your way to achieving the goal
  - Red: Get moving, you have a long way to go

## WORKOUT SUMMARY/REPORTS PAGE

Touch the appropriate activity data metric to view the daily averages for the week, month, year and all time

01-28-2015

10485 steps

3333.3 calories

5.32 miles

Day Week Month Year Done

Dec 27 2014

Jan 28 2015

Feb 29 2016

DAILY AVERAGES

Period	Average
This Week	8291
This Month	6477
This Year	5723
All Time	5723

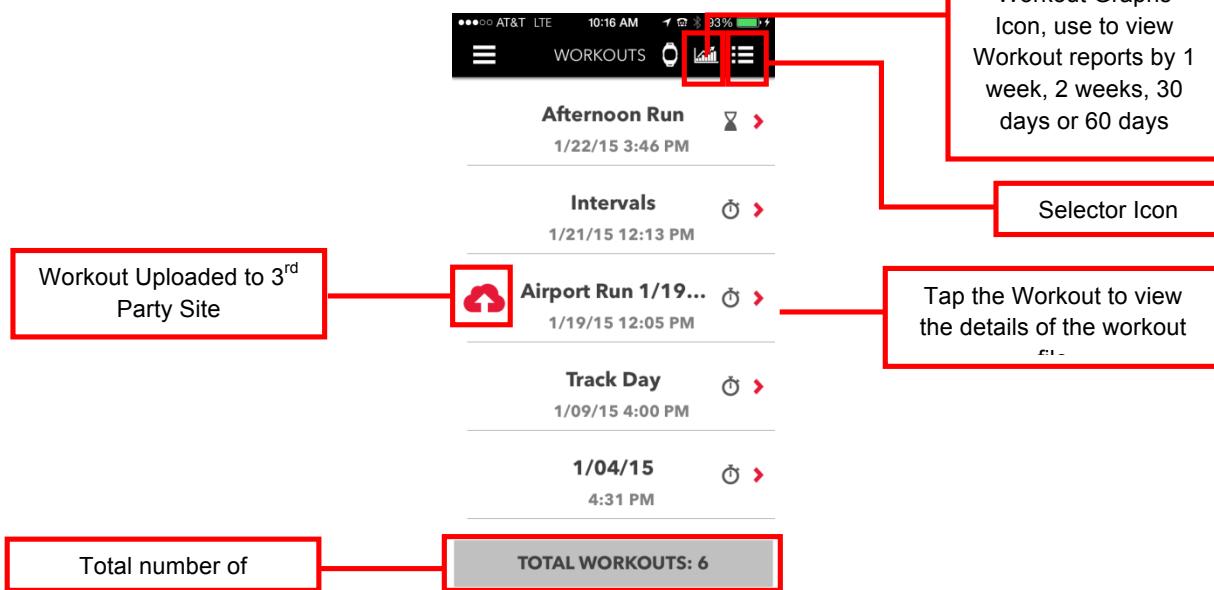
DAILY AVERAGES

Period	Average
This Week	2531.45
This Month	2539.98
This Year	2471.08
All Time	2471.08

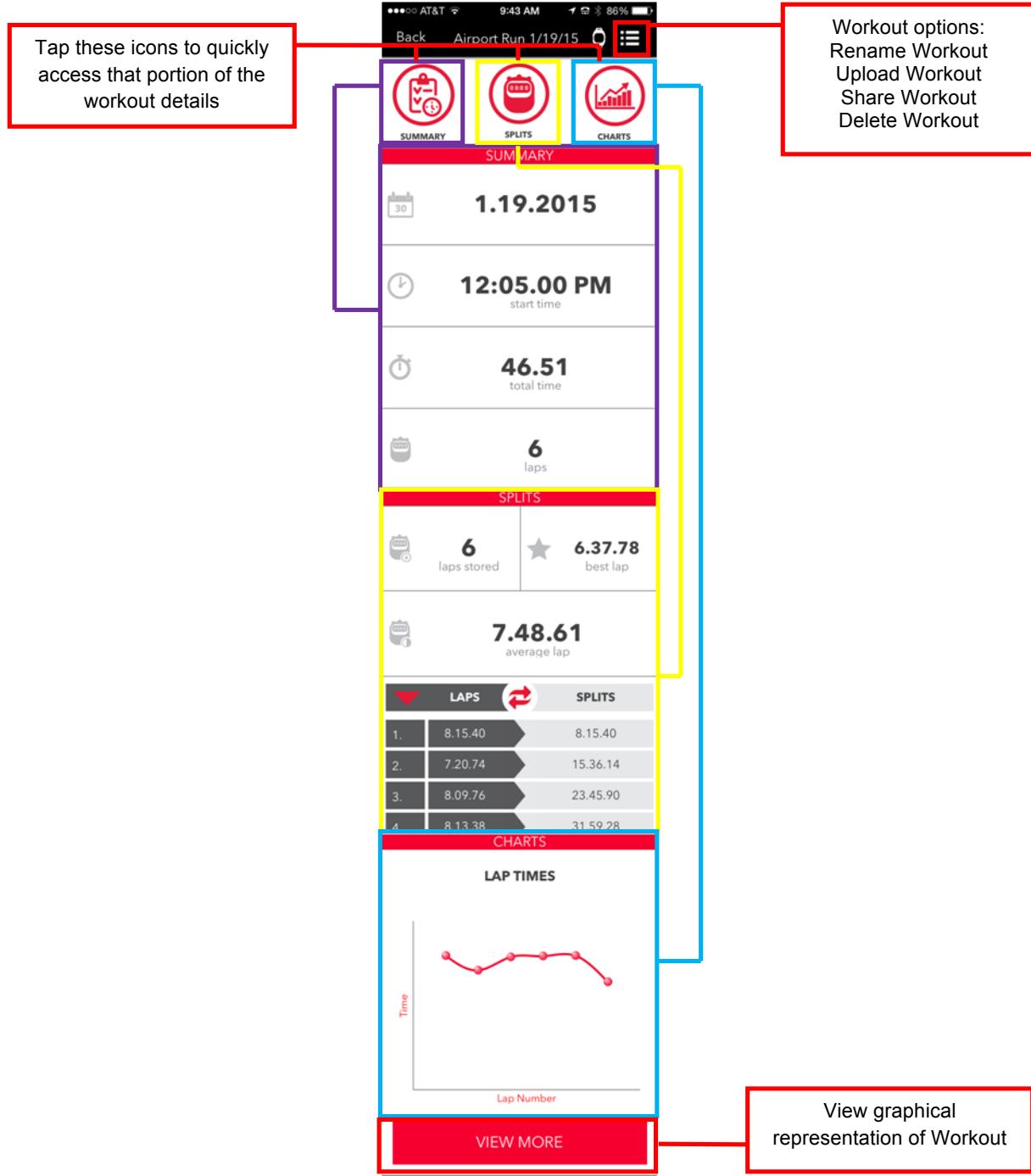
DAILY AVERAGES

Period	Average
This Week	4.24
This Month	3.38
This Year	3.02
All Time	3.02

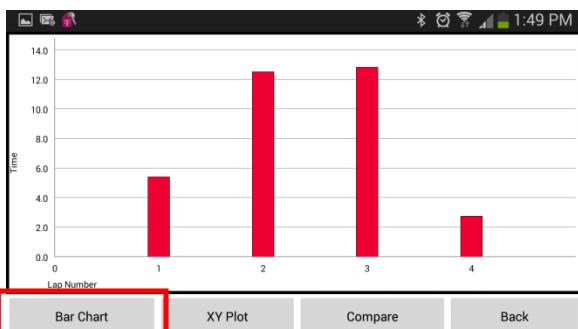
## WORKOUTS LIST PAGE



## WORKOUT DETAILS PAGE



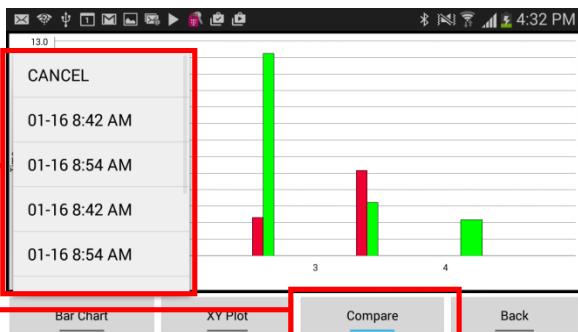
## WORKOUT DETAILS GRAPHS



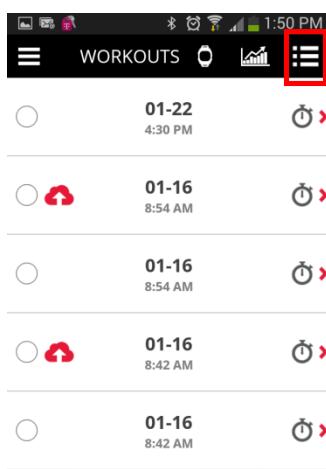
Graphical representation on a Bar Chart or XY Plot



Graphical comparison of two saved Workout files

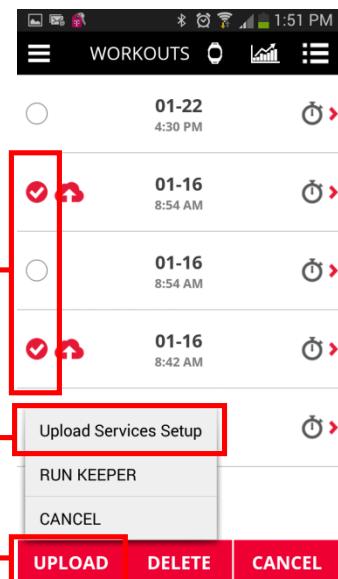


## UPLOADING WORKOUTS TO 3<sup>RD</sup> PARTY SITES



1. From the Workout List Page, tap the Selector Tool icon

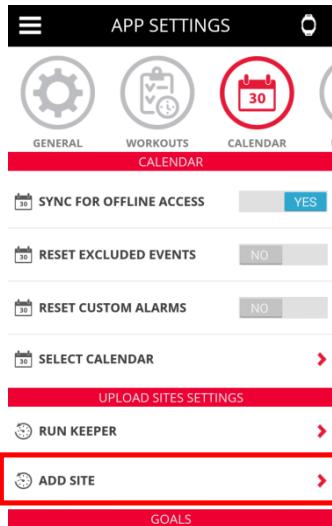
**UPLOAD** | **DELETE** | **CANCEL**



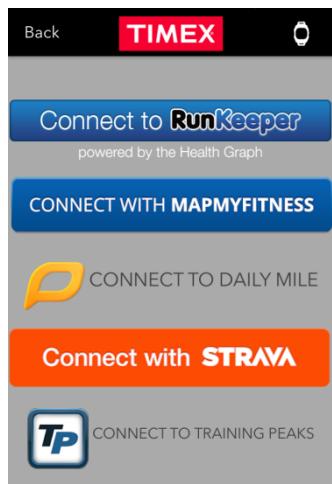
2. Tap the circles next to the Workout files that are to be transferred

3. Tap the Upload button to reveal the Upload options.

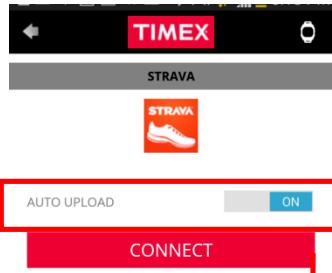
4. First time uploading?  
Tap 'Upload Services Setup'



5. The app will automatically bring you to the App Settings Page, tap



6. Tap the 3<sup>rd</sup> Party site you wish to share your Workouts with



7. You can choose to automatically upload all Workouts by turning Auto Upload ON



8. Tap the Connect button. The TIMEX Connected app will link you to the 3<sup>rd</sup> Party site; there you will enter your login information

## WATCH CONTROL

The screenshot shows the 'WATCH CONTROL' app interface on a smartphone. The top navigation bar includes icons for battery, signal, and time (2:50 PM). Below the bar are three main tabs: 'USER INFO' (purple), 'ACTIVITY' (yellow), and 'TIME OF DAY' (blue). The 'USER INFORMATION' section contains fields for AGE (33 years), HEIGHT (5' 6"), WEIGHT (170 lbs), and GENDER (Female). The 'ACTIVITY TRACKING' section includes an 'ACTIVITY SENSOR' switch (ON), 'SENSOR SENSITIVITY' (Medium), and 'GOAL SELECTED' (Calories). The 'TIME OF DAY' section shows 'PHONE TIME:' and two sets of 'TIME FORMAT' and 'DATE FORMAT' options for 'TIME SYNC' (Follow Phone) and 'OTHER TIME'. A large red box labeled 'Time Zone 2 (T2) Settings' covers the bottom portion of the screen, containing sections for 'Time Sync', 'Time Format', and 'Date Format', along with a note about sync requirements.

**Activity Tracking On/Off (3D accelerometer)**

Medium (default)  
Low  
High

Off  
Steps  
Distance  
Calories

**Time Zone 1 (T1) Settings**

**Time Format:**

- 12 Hour
- 24 Hour

**Date Format:**

- Month-Day
- Day-Month

**Time Zone 2 (T2) Settings**

**Time Sync:**

- Follow Phone: Watch will take time from the phone, which adjusts automatically after traveling into a new time zone\*
- Time Zone: User selects the time zone to be used for T2
- Manual: User manually sets the time for T2

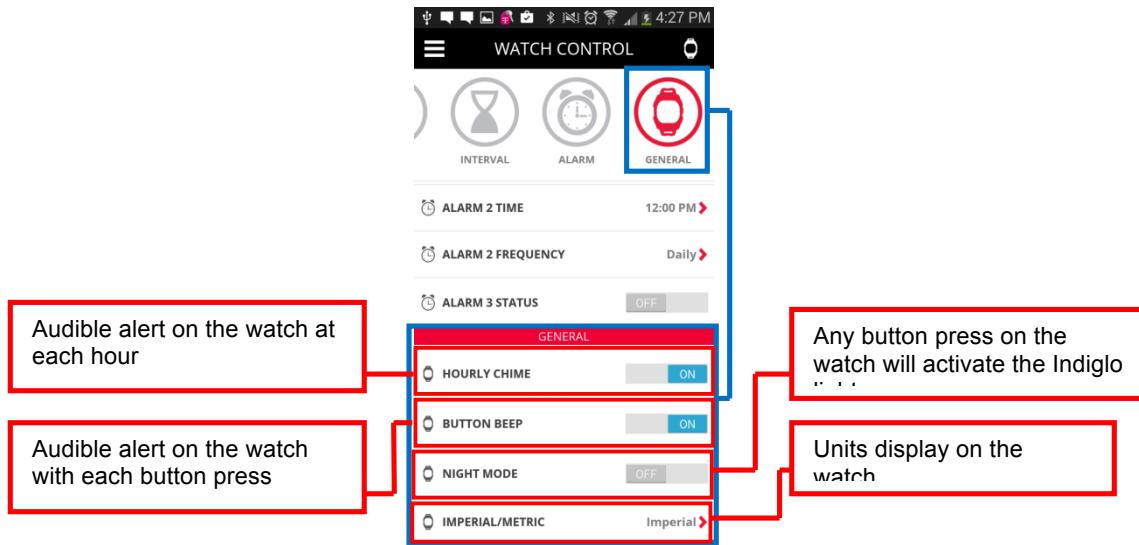
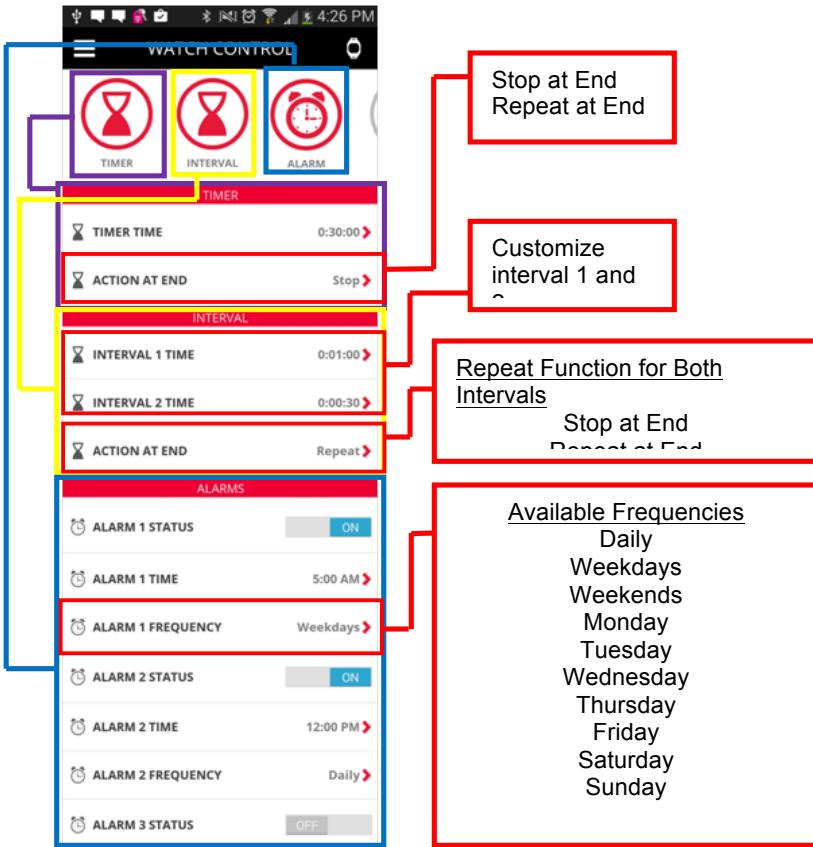
**Time Format:**

- 12 Hour
- 24 Hour

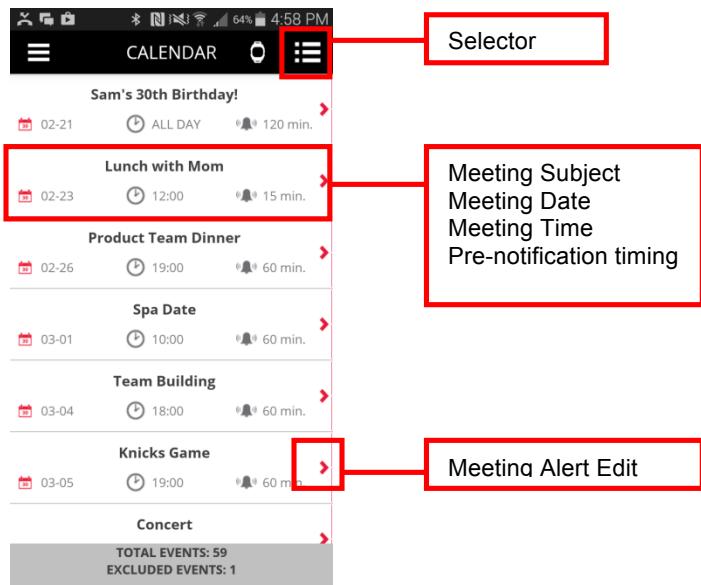
**Date Format:**

- Month-Day
- Day-Month

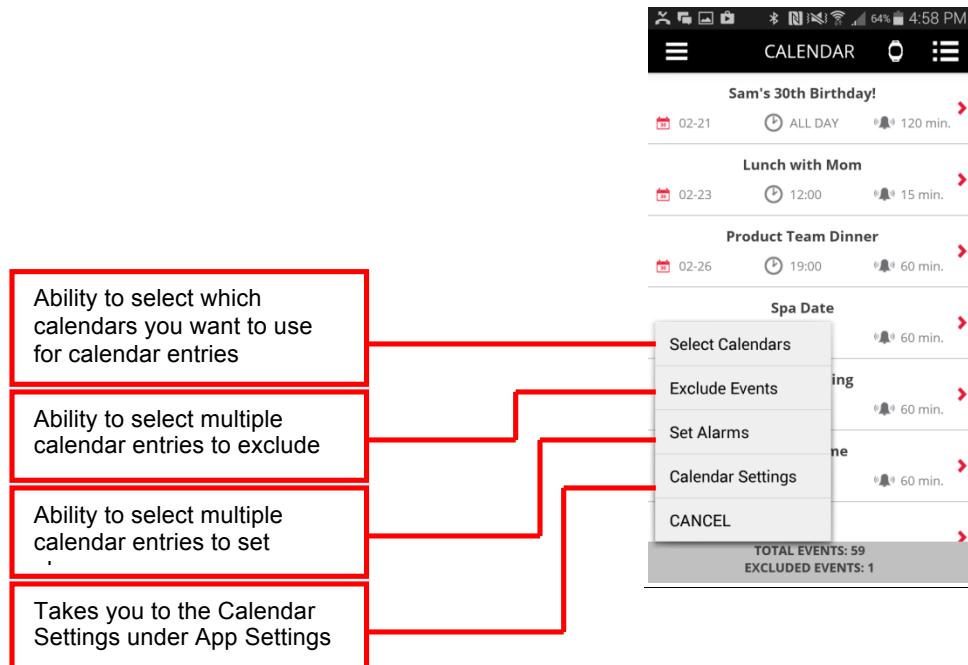
\*requires a watch sync for the time to be synced



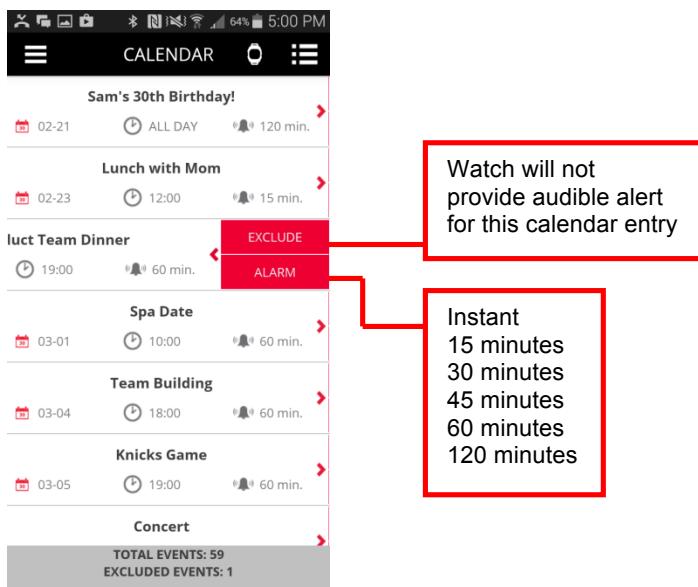
## CALENDARS



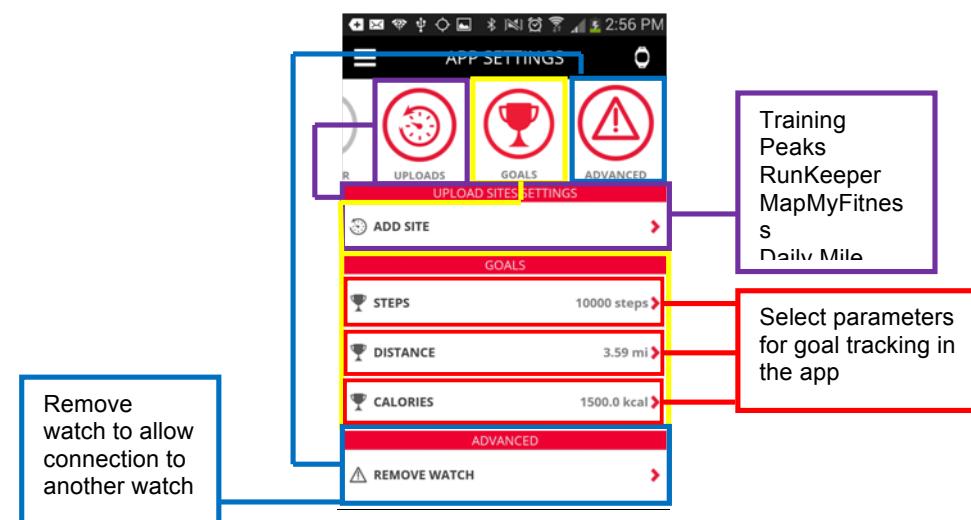
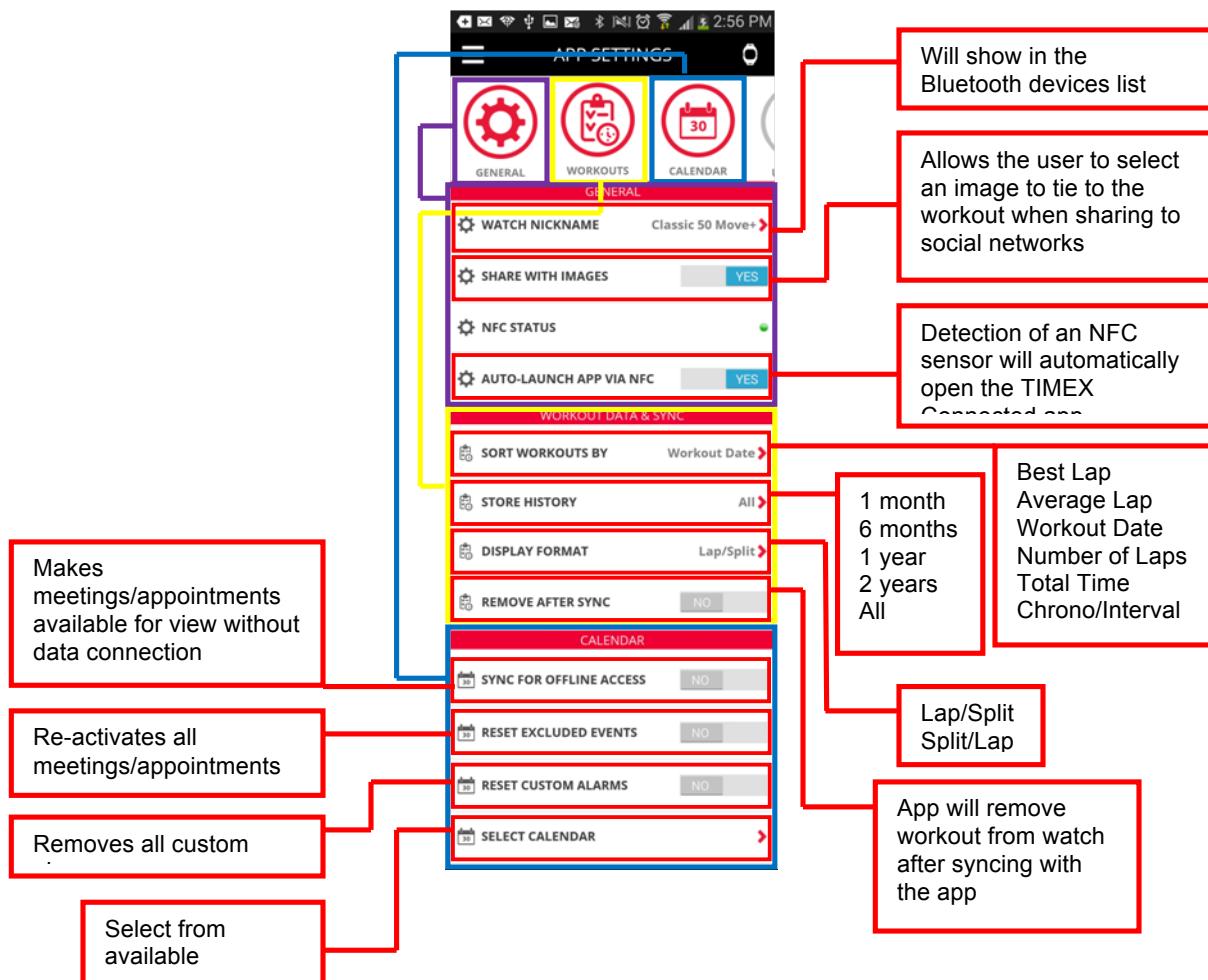
After using the Selector Icon



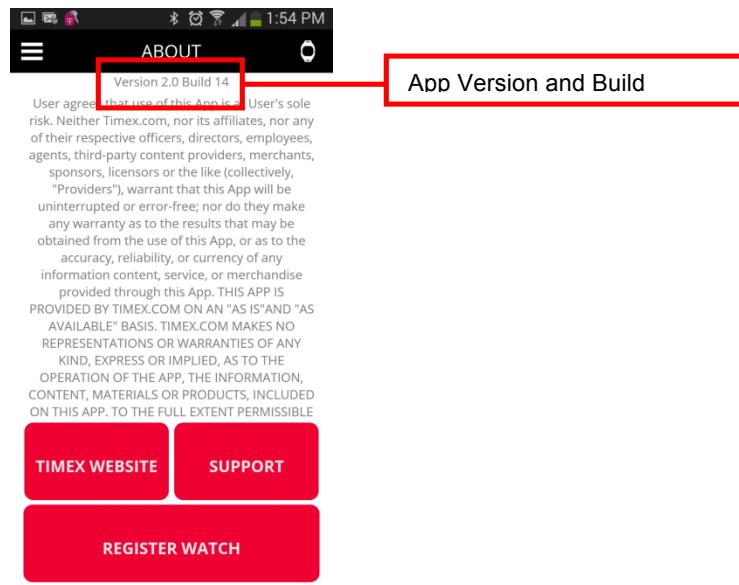
## After using the Meeting Alert Edit Tool



## APP SETTINGS



## ABOUT



## HELP

The help link will take you to the Frequently Asked Questions for the TIMEX Connected app. You can also access Help to view the End User License Agreement.

## FCC NOTICE (U.S.) / IC NOTICE (CANADA)

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada.

To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

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Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

## **DECLARATION OF CONFORMITY**

**Manufacturers Name:** Timex Group USA, Inc.  
**Manufacturers Address:** 555 Christian Road  
Middlebury, CT 06762  
United States of America

Declares that the product:

**Product Name:**  
Timex® Ironman® Classic 50 Move+

**Model Numbers:** M049 & M053

Conforms to the following specifications:

### **RED: 2014/53/EU**

Standards:  
ETSI EN 301 489-1  
ETSI EN 301 489-3 and -17 (EMC)  
ETSI EN 300 440-2 (Bluetooth)  
ETSI EN 300 330-2 (NFC)

### **LVD: 2006/95/EC**

Standards:  
IEC 60950-1

### **Digital Device Emissions**

Standards  
FCC 47CFR 15C (Bluetooth & NFC)  
FCC 47CFR 15B Unintentional Radiators  
IC RSS 210  
IC RSS-GEN

Agent: \_\_\_\_\_

  
Sam Everett  
Quality Regulatory Engineer  
Date: 20 January, 2015,  
Middlebury, Connecticut, U.S.A.

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